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This Juice Found Better Than Lipitor Drug For Managing Cholesterol Level!

admin December 12, 2016 Healthy No Comment



Small studies seem to suggest that drinking pomegranate juice might lower cholesterol. It's also thought that pomegranate juice may block or slow the buildup of cholesterol in the arteries of

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people who are at higher risk of heart disease. It is also found that drinking pomegranate juice might lower cholesterol and work better than lipitor drug for managing cholesterol.



It is believed that pomegranates support the function of nitric oxide, which is involved in the constant repair of the cells that line the arterial walls. An antioxidant, pomegranate was shown to reduce the oxidative status of the bad cholesterol by a whopping 90%.

Like many fruit juices, pomegranate juice contains antioxidants, especially polyphenols. What's more, pomegranate juice contains antioxidants at higher levels than do many other fruit juices.

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Antioxidants are thought to provide several heart-protecting benefits, including reducing low-density lipoprotein (LDL, or “bad”) cholesterol.

Pomegranate juice is generally safe to drink if certain facts are first considered. If you choose to drink pomegranate juice, check the label to be sure that you’re drinking pure pomegranate juice, and not a mixture of juices that contains added sugar. The sugar adds more calories to the juice, which reduces its heart-health benefits.

Nutrition value of 1 Cup pomegranates Seeds

Calories: 144

Fat: 2g or 4% of DV

Protein: 2g

Fiber: 6g/ 28% of DV

Vitamin C: 18g/ 30% of DV

Vitamin K: 28mcg/ 36% of DV

Vitamin E: 1mg/ 6% of DV

Folate: 66mcg/ 16% of DV



In addition, its ability to act as an ACE inhibitor (angiotensin converting enzyme inhibitor) is what allows pomegranate juice to lower blood pressure. ACE inhibitors include high blood pressure drugs like lisinopril and work by decreasing angiotensin activity, an enzyme that is made when the kidneys receive a signal to help blood pressure. Inhibiting ACE helps blood vessels to relax and open up, thus lowering blood pressure and allowing more blood and oxygen to get to the heart. In a small clinical trial, ten patients with high blood pressure were given 50 mL of pomegranate juice daily, which is a little less than 2 ounces. Seven of 10 subjects (70%) experienced a 36% average decrease in ACE activity and a statistically significant 5% decrease in systolic blood pressure.

More Benefits Of Eating Pomegranates

Stomach Disorders

Pomegranate peel, bark and leaves are used to calm disorders of the stomach or the diarrhea caused by any kind of digestive problems. Drinking tea made from the leaves of this fruit also helps in curing your digestive problems. Pomegranate juice is also used for handling problems like dysentery and cholera.

Cancer

The antioxidants present in pomegranate helps in the combination process of free radicals inside body. So it gives protection against breast cancer and prostate cancer, the nutritional benefits of pomegranate works by preventing the body from cancer disease.

Anemia

Healthy blood flow can be maintained in the body by consuming this fruit in any form. Pomegranate supplies iron to the blood, thus helping to reduce symptoms of anemia, including exhaustion, dizziness, weakness, and hearing loss.

Diabetes

For diabetic patients, drinking pomegranate juice can reduce the risk of various coronary diseases. Along with this, there is a reduction in the hardening of the arteries, which can inhibit the development of various heart diseases.



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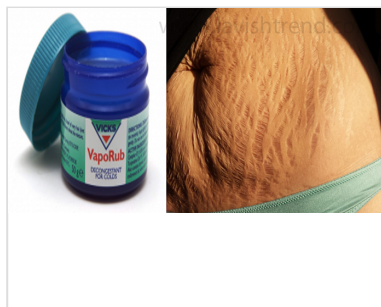
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